

Twin Pines Activity Kit

We hope our third “Packet of Fun”
will give you an extra challenge to keep the
mind busy. Hang in there! We’ll pull through
this together!



Parks & Recreation
30 Twin Pines Lane
Belmont, CA
650-595-7441
www.belmont.gov/parksandrec



20 Twin Pines Lane
Belmont, CA
650-595-7444
www.belmont.gov/adults

“Enhancing the quality of life for the community.”

STAYING CONNECTED

A word from Staff,

Many of us are feeling isolated, lonely and bored as we Shelter In Place. What is the best remedy for that? STAYING CONNECTED WITH OTHERS. We are all in this together—but yet we are alone. Please reach out to us if you would like to chat via email or phone (available during business hours), we would love to hear from you!

Would you like to become pals with a youth from Belmont's Teen Program? We can connect you with a teen so that you can become E-Pals (email each other) or Call- Palls (phone each other). Just let us know and we will connect you with an amazing new pal.

Cheri Handley 650-595-7445 chandley@belmont.gov

Andrea De Lara 650-595-7444 adelara@belmont.gov

HELPFUL INFORMATION

Senior Services Resource Line (from Peninsula Family Service): This is a support and referral line for people aged 60+ that can connect you to a range of resources such as food services, weekly well-being calls with a Senior Peer Counselor, and more. Call 650-780-7542.

Aging & Adult Services: If you are a senior, or a person with disabilities, and you have no neighbors, family or friends closeby, *and* you have an urgent need for food, medication or supplies call Aging & Adult Services at 1-800-675-8437, available 24/7.

Samaritan House: If you are homebound and low-income and need food or supplies, you can also contact Samaritan House at 650-347-3648.

Well Connected: If you are aged 60+ and looking for activities to do, or would just like to talk to friendly voices, we suggest trying out Well Connected, a "senior center without walls" that provides activities and conversations over the phone or online. Call 1-877-797-7299.

Friendship Line: Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. Call 1-800-971-0016.

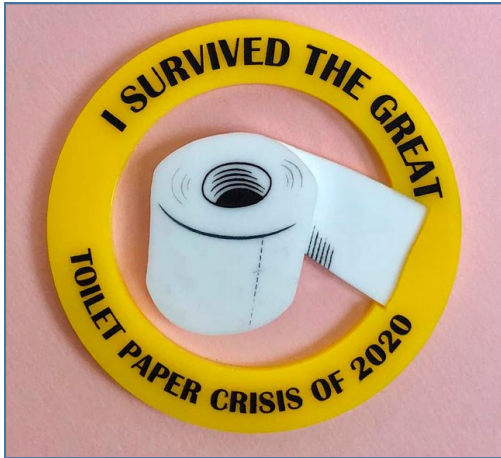
AARP Tax Preparation Services: All Tax Preparation Services are postponed until further notice. For more info, call the AARP directly at 1-888-227-7669.

Special Senior Shopping Hours: The following local supermarkets have provided special hours for people aged 60+

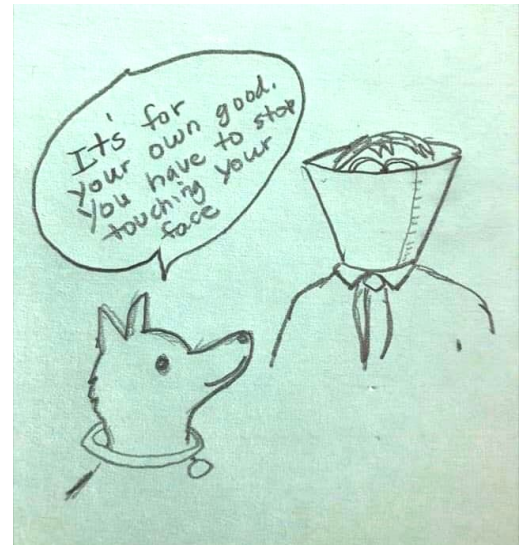
- **Lunardi's:** Tues + Thurs, 7-8am, (starting 3/24, 5% senior discount still applies)
- **Safeways:** Tues + Thurs, 6-9am

211 Referral Line: Available 24 hours a day, 7 days a week, to help you find the number of any agency, company, or anything else you might need, or get the latest updates.

LAUGHTER IS THE BEST MEDICINE



My new social distancing outfit just arrived from amazon



The Best From Twitter During Quarantine:

"Working from home day 1. Not sure what my kids are watching in the next room, but my morning meetings had a very suspenseful soundtrack."

"Homeschooling update day 9:

Today we did maths.

If you have 3 kids, and they are awake roughly 13 hours in the day, and you're trying to work from home, how many times will you hear the Word 'snack'?"

"NO ONE IS WASHING THEIR HANDS ENOUGH!!!"

- me watching any cooking show now.

"Quarantine day 12: Banished one of my boys to the front yard and one to the back yard."

"Quarantine Diary Year 3— Fiercely fought with the husband over the day of the week. We were both wrong."

"Now we know why dogs get so excited for walks."

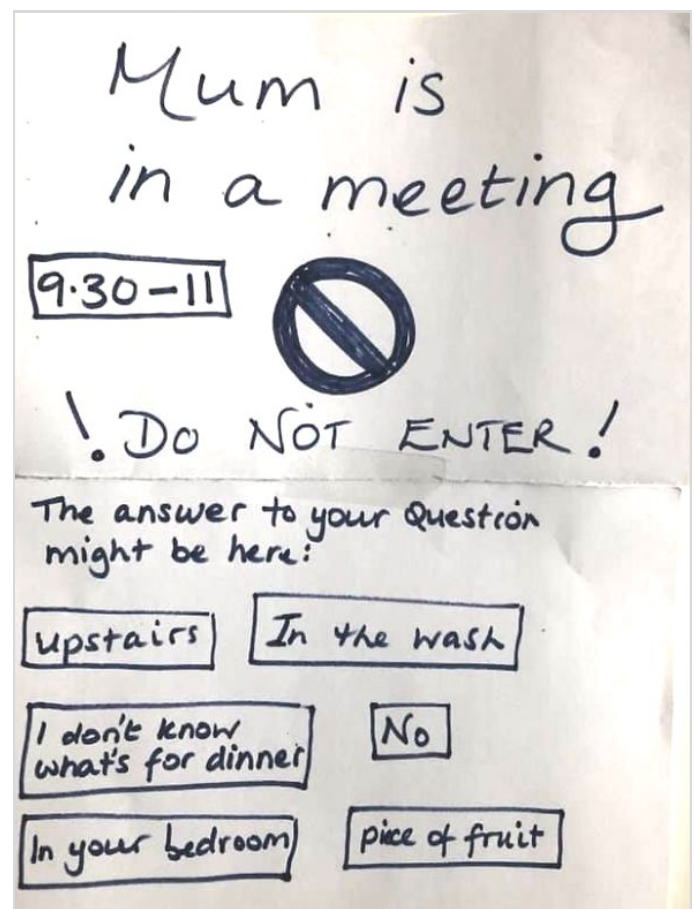
"Joe: Germany wasn't messing around with the emergency fund for freelancers, the applications went live on Friday and 5,000 grants have already been transferred into people's accounts as of yesterday.

Rob: Because they know the consequences of a frustrated painter choosing a new occupation."

"At my local Costco a man and a woman reached for the last Eggo waffles at the same time. Though he was there first by about 2 seconds, the woman insisted they should go to her & her children. I KID YOU NOT, the man, who had his 2 teens with him, replied, "Ma'am, leggo my Eggo."

*If April showers bring May flowers,
what do May flowers bring? —
Pilgrims!*

Mom's answer to working from home— with kids.



TRIVIA TIDBITS

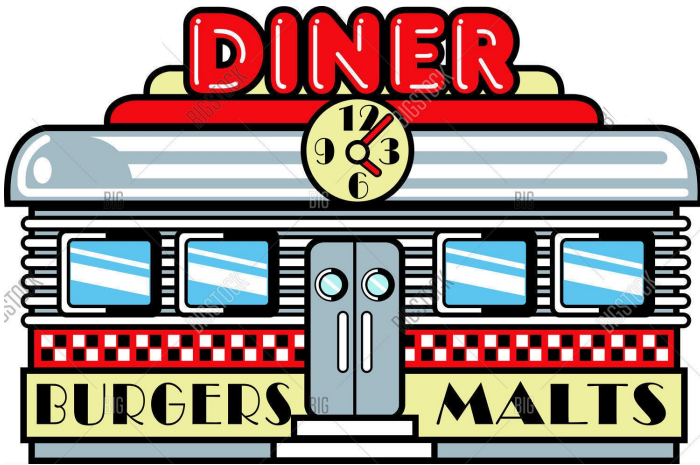
Test your cooking knowledge! As more and more people are cooking during these times, perhaps some of these new terms will come in handy when trying out new recipes?

1. When a chef juliennes a fruit or vegetable, the results look like which of the following?
A) Crowns C) Matchsticks
B) Coins D) Cubes
2. When apples or potatoes are peeled and sliced, the bits will turn brown if not used immediately. To prevent this, they may be soaked in water mixed with lemon juice or white vinegar. What is this preventative measure called?
A) Steeping C) Blanching
B) Acidulation D) Reconstituting
3. Slightly underripe fruits can be improved for service by maceration. What does macerate mean?
A) To chew
B) To warm briefly in a microwave oven
C) To leave on a sunny windowsill for several days
D) To soften by soaking or steeping in a liquid such as alcohol or with sugar
4. Most kitchens are equipped with at least one paring knife. What does "pare" mean?
A) To divide in half by cutting into two pieces
B) To remove the bones from meat or fish
C) To slice into thin strips
D) To remove the peeling or outer skin of a fruit or vegetables with a knife
5. Especially in a hectic kitchen, cooks must not display their temper. On the other hand, tempering an egg is a desirable process. What does tempering mean, in the latter sense?
A) To whip vigorously to incorporate air into eggs
B) To crack the eggs angrily
C) To slowly add a bit of a hot liquid to beaten eggs
D) To bake a whole egg in a moderate oven
10. When vinegar or citrus juice is whisked into oil to form a thickened liquid, what is the resulting combination of ingredients called?
A) A cream C) A puree
B) An emulsion D) A glaze
7. When a recipe directs a cook to pulse food, what should the cook do?
A) When cooking live food, see if its heart is still beating
B) Mix the food by lifting and turning it until well combined
C) Whip the food, pausing between each circular stroke
D) Turn the blender or food processor on and off rapidly
8. The chef hands you a bunch of basil and asks you to prepare a chiffonade. What should you do with it?
A) Puree them & then beat them with a whisk into a light foam
B) Stack and then roll the leaves. Cut them into the thinnest possible strips.
C) Finely chop them. Mix them with water & sugar to produce a refreshing drink
D) Deep-fry them until they are like thin crisp pieces of paper.
9. When meat is browned in a pan, bits of caramelized juices (called fond) remain in the pan. These may be dissolved in a liquid (such as wine, water, stock or vinegar) to form the basis for a sauce. What is this process called?
A) Infusion C) Steeping
B) Sweating D) Deglazing
10. Blanche, as a woman's name, means white or pure. What does blanch mean as a culinary term?
A) To restore a dehydrated food by soaking it in water or other liquid
B) To partially cook food in steam or boiling water and then plunge it in ice water
C) To quickly fry food in a bit of fat in an open pan over high heat
D) To coat food with white breadcrumbs before frying or baking

Answers. 1) C. Matchsticks. Nobody knows who julienne was. 2) B. The acid in the lemon juice or vinegar prevents the freshly-cut food from oxidizing through exposure to the air. 3) D. The term macerates derives from Latin "maceratus" meaning "to soften". 4) D. The term is from Old French that means "to prepare by trimming". Now we use peelers. 5) C. Slowly adding hot liquid protects the eggs from shock from a sudden temperature change, which has the effect of scrambling them. 6) B. Liquids which do not mix are said to be immiscible. An emulsion occurs when two such liquids are temporarily combined, such as milk and cream, salad dressing, and cake batters. 7) D. The verb became a word with the invention of blenders. 8) B. Stacking and rolling the leaves is commonly used as garnish. 9) D. Originally the French verb *déglacer* means "to melt the ice from". The result is intensely flavorful. 10) B. Stopping the cooking process with ice water is useful in preserving the bright color of the food.

MORE TRIVIA

With the global domination of fast food "restaurants" the golden age of the American diner has passed. However, traditional diners can still be found each with its own language. Here's a tribute to a great American cultural icon & to its niche lexicon.



1. The American diner is a cultural icon serving meals predominately in the first part of the day. Bread or toast therefore would expect to feature highly on any diner menu. Which of the following food items is ***NOT*** based on a slice of toast?
 - A) Single with a shimmy and a shake
 - B) Whiskey Down
 - C) Dough well done with cow to cover
 - D) Hockey puck
2. Metro Cafe Diner, Atlanta, GA. As most diners serve breakfast, eggs feature highly on any diner menu. Which of the following is ***NOT*** an egg based dish?
 - A) Wreck em
 - B) Hamlet's Problem with His Warts
 - C) Pope Benedict, Meet Mike and Ike
 - D) Heart Attack on Rack
3. Peppy Grill, Indianapolis, IN. In the American diner lexicon, biblical references abound. Which one of these dishes, is a euphemism for a serving of spare ribs?
 - A) Eve with a Moldy Lid; Put a Hat on It
 - B) Adam and Eve on a Raft
 - C) First Lady
 - D) Noah's Boy with Murphy and a Wreath
4. Russ's Dinor, Erie, PA. Burgers, the quintessential grill food, are ubiquitous on diner menus and the metaphors abound. Which one of these colorful descriptions does ***NOT*** have a hamburger as the central ingredient?
 - A) Yellow Blanket on a Dead Cow
 - B) Burn One, Drag it Through the Garden and Pin a Rose On It
 - C) Put Out the Lights and Cry
 - D) Two Cows, Make 'em Cry
5. Stevie's Diner, Fort Worth TX. When in Texas, the Blue Plate Special is a good chance it will be chicken-fried steak with milk gravy. What exactly is a Blue Plate Special?
 - A) Some variation on Wiener Schnitzel
 - B) Anything but if you ask for it on a blue plate you get a discount
 - C) Usually an inexpensive meat and three vegetable dish
 - D) Totally unknown. The cook will decide what you eat
6. Three Coins Diner, Tampa, Florida. If diners are synonymous with eggs for breakfast and burgers for lunch, then the drink most associated with diners is coffee. Which one of the following is ***NOT*** an order for coffee you might hear a server yell in a truly American diner?
 - A) 50/50 Joe
 - B) Draw one in the Dark
 - C) Double Double
 - D) A Blonde with Sand
7. Standard Diner, Albuquerque, NM. While diners originated in the north-east, they quickly spread south, and they became popular in western parts of the country as well. As you near the Rio Grande, the food changes to have obvious Mexican influences. The language also changes. If I order a "Stampede Blanket", what would I receive?
 - A) A beef and bean burrito (extra large)
 - B) Tacos with melted cheese topping
 - C) Chicken enchiladas
 - D) A fish dinner.
8. Pamela's P&G Diner - Strip District, Pittsburgh, PA. Sometimes the yelling by wait staff in a diner is to cancel an order. What number is used to cancel an order?
 - A) 86
 - B) 99
 - C) Two Five
 - D) Five-O
9. Charlie's Doghouse Diner, Cleveland, Ohio. After finishing a "Wax Pistol in Pittsburgh" there would be fruit for dessert. Now fruit in a traditional diner is not easy to find but there were find cackleberries and whistleberries on the menu both were ordered. What was it?
 - A) Strawberries and raspberries
 - B) Apples and pears
 - C) Home fries wrapped in an omelet
 - D) Eggs and baked beans

***The suprising answers
are on the next page!***

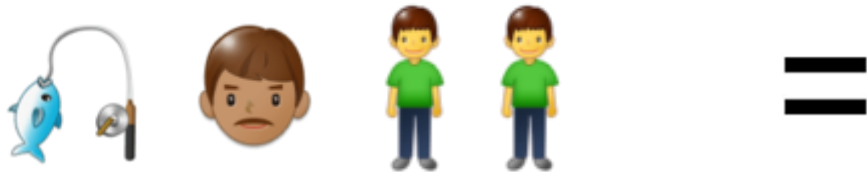


TRIVIA ANSWERS + FUN FACTS

DINER LEXICON ANSWERS

- 1) **D. Hockey Puck.** "Shingle" and "Raft" are euphemisms for "toast". "Shingle with a shimmy and a shake" is buttered toast with jam or jelly. Whiskey is diner-speak for rye bread, "Whiskey Down" is therefore rye toast. ("Down" probably comes from the down motion to operate the toaster.) "Dough well done with cow to cover" is toast with butter. "Burn the British" is a toasted English muffin. A "hockey puck" is a well done hamburger.
- 2) **D. Heart Attack on a Rack.** The hint was in the diner location: A heart attack on rack is a biscuit and gravy. A gravy called red-eye gravy is made with black coffee. Zeppelin (sausage) can be on the side for almost a perfect breakfast. Eggs, maybe because they have a myriad of ways to prepare them, have perhaps the widest variety of diner terms. "Wreck 'em" are scrambled eggs. A "deadeye" is a poached egg. Pope Benedict is Eggs Benedict liberally sprinkled with salt and pepper (Mike and Ike). "Hamlet's Problem with His Warts" is Danish topped with two poached eggs and olives. Terms for fried eggs such as "over easy" become more colorful as "Flop two". "Fry Two, Let the Sun Shine" is two fried eggs, sunny-side up.
- 3) **C. First Lady.** There are several reasons why there are so many biblical references in diner-speak. One of them is that it was thought that many short-order cooks could not read or write but they knew about the bible. From the bible saying that Eve, the first woman, was created from Adam's rib. Hence the name "First Lady" even though the obvious connotation is a US President's wife. You can add some frog sticks (French fries). "Adam and Eve on a Raft" is two poached eggs on toast. "Noah's Boy" is Ham (being the second Noah's sons along with Shem and Japheth) with potatoes (Murphy - an Irish name) and cabbage (a wreath). Eve is apple pie (natch!) with a slice of cheese (moldy lid) and ice cream (a hat) on top.
- 4) **C. Put out the lights and cry.** "Put out the lights and cry" is a dish of liver and onions. (Perfect with home fries). "Lights" refers to any meat that is of internal organ origin, liver being the most popular. "Make 'em Cry" is an obvious reference to onions. Therefore "two cows make 'em cry" is two burgers with onions. "Yellow blanket on a dead cow" is a cheeseburger. and "Burn one, drag it through the garden and pin a rose on it" is a burger, lettuce, tomatoes and onions.
- 5) **C. Inexpensive Meat and Veggie Dish.** The American diner is a cultural icon. It has its roots in the north-eastern part of the country where it offered inexpensive meals to shift and factory workers and other manual workers who worked shifts and needed access to places like diners to be able to eat reasonably well. As such, some diners were open 24 hours. The blue plate special also has roots in working class America. It was an inexpensive complete meal (Diner-speak: loaded) of meat and three vegetables. The dish changed daily or there was a set day for certain meal types. Often the actual meal was not listed - it was only known as a blue plate special - the server would explain what was available on the day. Traditionally the meal was served on a blue plate or a plate divided into three compartments: The blue plate was usually a blue patterned plate of Chinese origin which were cheap and available (a handy commodity in depression years); the three compartment plate was a legacy of the American railroad dining car. Chicken-fried steak is a Texas specialty (though it forms part of neighboring Oklahoma's State Meal). It consists of an inexpensive cut of steak, pounded thin, and covered with breadcrumbs and then deep fried like chicken and served with a peppered milk gravy.
- 6) **C. Double Double.** "Draw One" is well known as coffee. If you "draw one through the dark", it is black coffee. "Blond with sand" is coffee with cream and sugar. Coffee with half milk and half cream is "50/50 Joe". "Double Double" is coffee with two sugars and double helping of cream. However this term is associated with Tim Hortons which is a Canadian franchise and would never, never be heard in an American diner. In Florida, Georgia or Mississippi there is Northern coffee ("Nothun") or Southern ("Suthun") coffee. Southern coffee was half regular coffee beans, half chicory with various quantities of molasses depending on the state. Northern coffee" is presumably regular coffee.
- 7) **A. Beef and beans in a burrito.** When a "Stampede Blanket" states on the menu it is extra large, it really is extra large. You can "red and white it" (add salsa and sour cream) or "sour it" (add lemon) or "con lumbre" it which is hot sauce added. Chicken enchiladas are known as "Cluck and Wrap". A fish dinner is known as "Friday's Choice" which probably has its origins in the high proportion of practicing Catholics in the region who do not eat meat on Friday. If you "Tie it down", you have ordered a burrito covered in melted cheese.
- 8) **A. 86.** When you "86" something either you are A) cancelling the order, or B) the cook is telling you we are out of an item, or C) it is a refusal to serve a particular customer with a particular item. There are many reasons why "86" came to represent "cancel that". 1) Article 86 of the New York State Liquor Code defined the instances where a customer could be refused alcohol ie '86ed'. 2) Graves are usually eight feet long six feet deep. 3) Chumley's Restaurant, at 86 Bedford Street, Greenwich Village, NYC, had a habit of throwing unruly customers out through the back door. During Prohibition, Chumley's was run as a speakeasy. When the police were about to raid the place, someone would shout "86," and everyone, clientele and staff would exit through the rear door. 4) During the Great Depression, soup kitchens would often make just enough soup for 85 people. If you were unlucky to be behind recipient number 85, you were '86ed'. 5) In Delmonico's Restaurant in NYC, where menu item #86 was the house steak, this item was often unavailable due to its popularity.
- 9) **D. Eggs and baked beans.** Cackleberries are eggs, also known as cacklefruit for obvious reasons. The origin of the name is unknown, but its first recorded use was in the Ozarks in the 1880. The origin of the name whistleberries is also unknown but the word is thought to have originated on the western trails of 19th century America where beans were a staple and molasses (found in baked beans) helped preserve the beans on their long journey. The whistle comes from well, given what beans do to your digestive function.

GUESS THE MOVIE



Answers: 1) A River Runs Through It 2) Armageddon 3) Raiders of the Lost Ark 4) Tango and Cash 5) Babe 6) Field of Dreams 7) 20,000 Leagues Under the Sea 8) Close Encounters of the 3rd Kind 9) A League of Their Own

A BIT PUZZLED

Can you figure out what the arrangement of these words and letters are trying to say?

1 CCCCCCCC	2 LE / VEL	3 GIVE GET GIVE GET GIVE GET GIVE GET	4 ABCDEFGHIJKLMNOPQRSTUVWXYZ	5 T O W N
6 LU CKY	7 HE'S / HIMSELF	8 BL C USE	9 AID AID AID ←	10 W E S T
11 GROUND FEET FEET FEET FEET FEET FEET	12 ECNALG	13 CYCLE CYCLE CYCLE	14 R E A D i n g	15 R O A D S R O A D S
16 0 — M.D. Ph.D. B.Sc.	17 KNEE LIGHTS	18 YOU JUST NE	19 MILONELION	20 PRO / MISE
21 TO CH U	22 1,2,3,...,38 39,40 LIFE	23 JACK	24 eCOmomy	25 UP 8
26 JUST	27 Apple	28 G N I K A M LOST LOST LOST LOST Clock	29 O V A T I O N	30 STAND TAKE MINE TAKING 1 YOU 2 MY

Answers: 1. Seven seas 2. Split level 3. Forgive and forget 4. Missing you 5. Downtown 6. Lucky break 7. He's by himself 8. See-through blouse 9. First aid 10. West Indies 11. Six feet below ground 12. Backward glance 13. Tricycle 14. Reading between the lines 15. Cross-roads 16. Three degrees below zero 17. Neon lights 18. Just between you and me 19. One in a million 20. Broken promise 21. You are out of touch 22. Life begins at forty 23. Jack in the box 24. Growing economy 25. Up before eight 26. Just around the corner 27. Apple pie 28. Making up for lost time 29. Standing ovation 30. I understand you undertake to undermine my undertaking

IT'S ONLY LOGICAL

OOMPAH OOMPAH!

Three friends from different villages in Austria are members of the same Oompah band. Can you work out the age of each man (39, 40, 42), his occupation (one is a Farmer), the instrument he plays and the name of his village (one is Obersdorf)?

1. Boris (who isn't the hotel keeper) is older than the tuba player (who isn't from the village of Alpensee).
2. The man who plays the flugelhorn isn't the oldest band member.
3. The man aged 40 is from a village with the same initial letter as the village the accordion player comes from.
4. The policeman is younger than Wilhelm.
5. The man from Ottenbach is either the youngest or the oldest and may or may not be Walter.



Name	Age	Occupation	Instrument	Village

TO THE RACES

Six horses were entered in the 2.30 at Derbyville. Three of the horses were fillies and three were colts (one of which was Mister Magic). Can you match the horses and riders and work out where each horse finished?

1. The horse ridden by Kelly didn't finish last. The one ridden by O'Shea wasn't finished first but finished immediately ahead of Birthday Boy.
2. The horse that finished last has a name which starts with the same initial as the colt (ridden by Riley), who didn't finish fourth.
3. Lucky Lady finished some way ahead of the colt Jones was riding.
4. Likely Lad finished some way behind the horse ridden by Davis whose horse finished two or three paces ahead of Bonnie Lass.
5. Golden Girl finished either three places ahead or three places behind the one ridden by Murray.



Place	Horse	Jockey
1st		
2nd		
3rd		
4th		
5th		
6th		

Oompah Answers: Boris is 42, a Farmer, plays the accordion, and is from Ottenbach. Walter is 39, a policeman, plays the flugelhorn, and is from Alpensee. Wilhelm is 40, a hotel keeper, plays the tuba and is from Obersdorf.

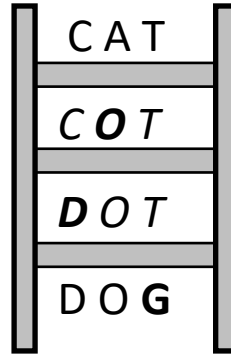
Horse Race Answers: 1st Place—Lucky Lady, ridden by Kelly. 2nd place—Mister Magic, ridden by Jones. 3rd place—Golden Girl, ridden by Davis. 4th place—Likely Lad ridden by O'Shea. 5th place—Birthday Boy ridden by Riley. 6th Place—Bonnie Lass ridden by Murray.

WORD LADDER

Ready for a challenge? A Word Ladder is a sequence of words formed by changing just one letter. You can find the clues to the next word outside the ladder.

Example:

Start →



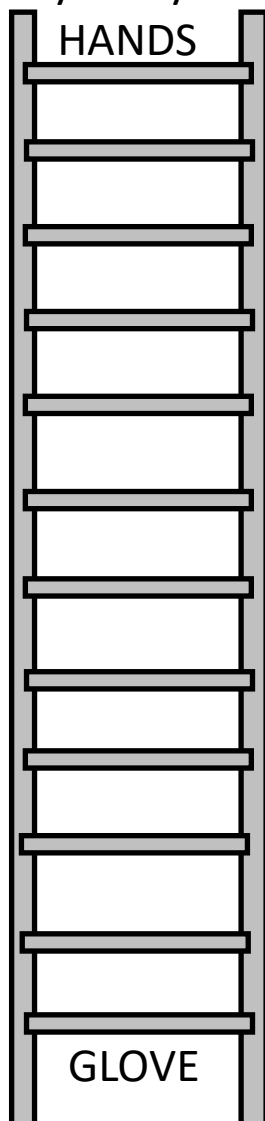
Clue:

To sleep on

A spot

Man's best friend

Now you try:



Clues:

Domains

Paths

Diminishes

Desires

Delays

Legal documents

Hot cereal

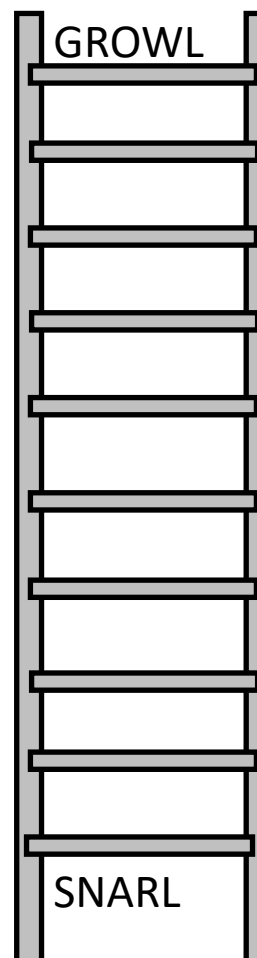
Clutches

Complain

Fumble

Orchard

Bonus



Clues:

Develops

Radiates

Decelerates

Gambling machines

Splines

Roofing material

Condition

Grape

Trap